

10-week Out-Patient Mindfulness-Based Sobriety Group Therapy

**Are you an adult in the community trying to maintain sobriety?
Are you looking for a supplemental outpatient support group to
help build mindful, value-based sobriety skills?**

Mindfulness-Based Sobriety (MBS) group therapy is a 10-week outpatient group for adults trying to maintain sobriety in the community provided by Renewal of the Mind (ROTM) via virtual telehealth. The group material is derived from Turner, Welches, and Conti (2013) MBS guide and curricula, which integrates three evidence-based practices (Acceptance Commitment Therapy, Motivational Interviewing, and Relapse Prevention Therapy) in efforts to reduce substance use and co-occurring mental health problems. Our mission is to provide a supplemental outpatient group for the transition to independent self-maintained sobriety in the community by developing mindful, value-based sobriety skills through a collaborative, psychoeducational, reflective, and experiential approach.

**Contact ROTM via email to schedule a free 30-minute consultation to
determine eligibility: info@vapsychotherapy.com**

- 18 years or older
- Demonstrates a readiness and motivation for change to work toward recovery.
- Meets criteria for outpatient level of care for substance use disorder.

It is the very pursuit of happiness that thwarts happiness...

Happiness cannot be pursued; it must ensue.

– Viktor Frankl

